

COMPETITION PACKING LIST



STAGE READY

- Competition Suit
- Competition Heels
- Competition Jewelry
- Resistance Bands
- Stage Makeup
- Curling & Flat Iron
- Hairspray/Other Hair Products
- Comb
- Bobby Pins
- Hand Mirror
- Lash Glue
- Blotting papers

BACKSTAGE

- Small Hand Towel
- FYoga Mat/Blanket
- Pillow
- Headphones
- Clothing to wear after show
- Cooler of your Food & Post-Show Treats
- Plastic Utensils & Napkins
- Phone Charger
- Robe or Cover-Up
- Shower Cap
- Flip Flops, Slides or Slippers

MISC.

- Old Set of Sheets
- Old Bath & Hand Towels
- Small Sewing Kit (needle, thread, scissors, safety pins!)
- Baby Wipes
- Ibuprofen

- Potassium Pills (just in case)
 - Dry Shampoo/Toiletry Items
 - Dixie Cups for Bathroom!
 - Extension Cord (outlets are scarce)
 - Gatorade
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TEAM BOSS BODIES

DAY OF SHOW CHECKLIST

APPOINTMENTS

- Tan Appointment: _____
- Tan Touch-Up: _____
- Hair Appointment: _____
- Makeup Appointment: _____

CHECK-INS

- NPC Card
- Registration
- Driver's License
- Venue Address
- Athlete Number

FOOD

- Food & Plan from Coach
- Backstage food - follow the plan your coach sent you
- Small Bottle of Water
- Small Bottle of Gatorade

PUMP-UP

- Start your muscle “pump-up” about 10 minutes prior to going onstage
- Complete circuit designated by your coach